

Physical Education I, II, III & IV  
Health

Dance Studies 1, 2 & 3

Exercise Physiology

Family Health Issues

Applied Personal Fitness

Introduction to Sports Medicine

SCUBA Diving

Sports Officiating

Career Internship Program

# *Physical Welfare*

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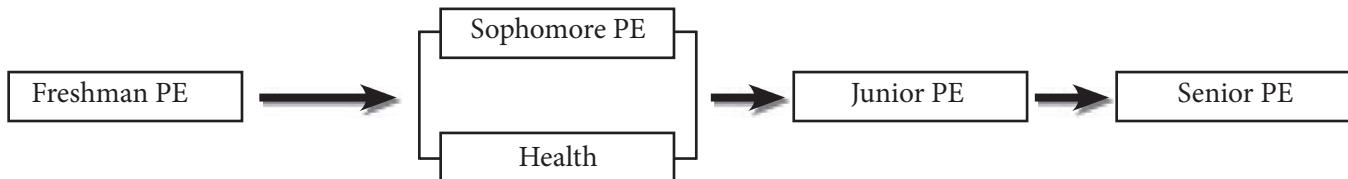
## **Physical Education and Health Department Philosophy**

The philosophy of the Physical Education and Health Department is to fulfill the Mission Statement of Lyons Township High School which charges that our work will "...foster the full intellectual, physical, moral, and aesthetic growth of each student." The four year required base of study will use a broad variety of activities that will emphasize the promotion of a healthy lifestyle and acquisition of skills that will be valuable beyond the school setting. These include...

- the development and maintenance of personal fitness;
- the acquisition of health related knowledge, growth and development, the structure and function of body systems, illness prevention, and safety;
- the development of various movement concepts and the refinement of related motor skills;
- the exposure to life long sport and fitness activities;
- the acquisition of physical competency and the knowledge of the rules and strategies of individual and team sports as well as recreational activities; and
- the development of interpersonal skills necessary for successful living.

The far-reaching nature of our discipline requires us to include aspects of each of the three educational domains: cognitive, psychomotor, and affective.

## **Regular Sequence**



## **Electives**

### **South Campus 9-10**

- Dance Studies 1 & 2
- Dance Studies 1, 2, & 3
- Exercise Physiology
- SCUBA Diving
- Sports Officiating

### **North Campus 11-12**

- Family Health Issues
- Introduction to Sports Medicine
- Applied Personal Fitness

## **Physical Education and Health Department Standards**

*The Physical Education and Health Department has established standards for student learning that encompass its programs at all grade levels. There are six general standards which guide the department's programs and which challenge students. The department has also established more specific standards for each general area, and these are available upon request. Finally, each course and activity unit within each course have standards for student learning.*

**Students will be able to...**

1. demonstrate and understand movement skills that are necessary components of individual, team, leisure, work, and creative activities.
2. access, analyze, and apply health and wellness information obtained through the use of technology.
3. promote and demonstrate mature and responsible social behavior while respecting diversity among others in a variety of settings.
4. understand and demonstrate the benefits of physical fitness as it relates to wellness.
5. understand the human body systems and the factors that influence growth and development.
6. understand and demonstrate basic health education principles, including the prevention and treatment of illness and injuries, while promoting healthy lifestyle behaviors.

## **Did You Know?**

Regular physical activity can help reduce the risk of heart attack, high blood pressure, stroke, diabetes, obesity, osteoporosis, and some cancers.

The most effective means of maintaining a healthy level of body mass is through regular physical activity coupled with sensible eating.

## General Information

- Students will be scheduled into modified PE in cases of physical limitations or will have their regular PE classes modified. This is done by a medical doctor's written recommendation through the Health Office. If the doctor's recommendation is such that the student's participation in his/her assigned PE class is less than 50% of the semester, then the student shall receive a medical credit for the PE quarter/semester grade. Once the medical condition no longer prohibits a student from participating in his/her PE class, the student is expected to fulfill all of the class expectations and requirements including but not limited to attendance, participation, etc.
- Freshmen, sophomores, juniors, and seniors are required to be enrolled in PE each semester excluding 1 semester of health during sophomore year.
- Freshmen and sophomores enrolled in Dance Studies 1 and 2 must also be enrolled in PE during the same semester. They do not replace nor fulfill the PE requirement.
- Dance Studies 1, 2, and 3 may only be taken for CR/NC when taken as a Creative Arts graduation requirement and/or when taken in addition to Physical Education.
- Dance Studies 2 & 3, offered at North Campus only, fulfill the PE requirement.
- Exercise Physiology and Applied Personal Fitness, when taken at North Campus, fulfill the PE requirement.
- Applied Personal Fitness and Dance Studies 3 may be replaced.

## Swimming

If there is a medical reason for not being able to participate in aquatic activities, a medical doctor's note must be on file in the Health Office prior to the fall semester of the student's freshman year. A new note is required at the beginning of each year.

When this procedure is followed, the student will be allowed to select a block of PE activities which does not contain aquatics. If a note is not brought to school prior to registration of PE elective programs (beginning of each semester), the student will remain with the assigned aquatic's class.

## Junior and Senior PE Exemption/Waiver Options

Students in grades 11 and 12 may request waivers from PE under the following conditions:

At the time of application for PE waiver, each student must be up-to-date in PE credits. Each request for exemption from PE will be verified and eligibility determined on a case-by-case basis by school staff in accordance with established administrative guidelines. Every student excused from PE will be provided with a full day (periods 1-10) schedule at LTHS without a study hall.

A. A senior may request an exemption from PE (second semester) to take an academic class required for admission to a specific institution by following these procedures.

1. The student must have appropriate credentials (grades and test scores) to qualify for admission to the request school.
2. The student must have a full day schedule at LTHS (periods 1-10) without a study hall.
3. Other elective classes not required for graduation nor admission to a specific institution must be dropped to provide room for the required classes before a PE waiver will be considered.
4. The student must verify that the course is required for admission by submitting a letter and the institution catalog requirement statement, and the student must appear to be otherwise admissible to that college/university in the judgement of LT staff.
5. The student must have a completed college/university application on file with the counselor including a check for the application fee.
6. A student requesting a waiver in this case will be asked to complete the waiver request form available from the class counselor. The request will be reviewed by the class counselor and division chair of PE and acted upon by the principal.
7. Under this exemption, any student dropping or losing any class during his/her school day will necessitate an immediate return to PE.

B. A senior may request an exemption from PE in order to meet graduation requirements, except the PE requirement, by following these procedures within established deadlines for schedule changes.

1. The student will submit to the counselor a request for a PE waiver with a well-defined need and a plan clearly outlined to complete graduation requirements.
  - a. Well-defined need shall be interpreted as students who are, as a result of class failure, behind in obtaining credits toward graduation.
  - b. Other options, including summer school and extension courses, must be part of the plan.
  - c. The plan must provide that the student will be eligible to graduate with his/her class or by the summer school session immediately following his/her class' graduation.
2. The student must plan a full schedule at LTHS (periods 1-10) without a study hall.
3. Other elective classes not needed for meeting minimum graduation credits must be dropped to provide room for the required classes before a PE waiver will be considered.
4. The student, except for a transfer student, must have all PE credits required for his/her status (i.e., an entering junior must have earned 1-1/2

credits of PE and 1/2 credit of Health). Fifth year students who have met PE requirements are not required to enroll in PE. A previously granted waiver will count toward the PE graduation requirement.

5. Students requesting waivers in this case will be asked to complete the waiver request form available from the class counselor. The request will be reviewed by the class counselor and division chair of PE and acted upon by the principal.
6. Under this exemption, any student dropping or losing any class during the school day will necessitate an immediate return to PE.

C. A junior or senior, who participates in an interscholastic athletic program (**School Code of Illinois** does not include performing groups), may request a waiver from PE under one of two options. In the event that a student exercising one of these options returns to PE within a semester for any reason, and for 50% or more of the semester, he/she will be assigned a grade for the full semester and granted full credit. The student must have a full schedule (periods 1-10) without a study hall for any of the 2 options.

#### **Option 1: Semester or Full-Year Course**

Junior and senior athletes may elect an additional credit class in lieu of PE during the semester(s) in which they are participating in interscholastic athletic competition. Junior and senior athletes may elect a year-long course in place of PE, provided that there are no other semester elective courses, other than those required for graduation, in their schedules. Verification of participation or potential participation will be made by the athletic director and the varsity coach of the sport in question. Not going out or being dropped from the athletic team will result in the immediate return to the PE class, and a grade of "W" will be assigned to the additional course. To exercise this option, the student-athlete will be asked to complete the necessary approval form available from his/her counselor prior to registration.

#### **Option 2: Athletic Study Hall**

Junior and senior athletes involved in regular interscholastic competition will be offered the option of electing a study hall in lieu of their PE classes (seasonal PE waiver) during the season of athletic participation. To be eligible for this option, students will register for and report to their assigned PE classes.

If students participate in an IHSA interscholastic sport **for less than 50%** of the semester, they will receive credit but not an academic grade for their assigned PE classes for the quarter/

semester. Credit will be assigned in these situations provided students fulfill all of the class expectations and requirements for their assigned PE classes upon returning to those classes.

If students participate in an IHSA interscholastic sport **for less than 50%** of the semester, they will receive credit for the portion of the PE class time while they participated in the interscholastic sport, but they will receive a grade based on the remaining units of their assigned PE classes. Credits and final semester grades in these situations will be assigned provided students fulfill all of the class expectations and requirements for their assigned PE classes upon returning to those classes.

#### **Physical Education Make-up**

Lyons Township High School requires the successful completion of 7 semesters of Physical Education and 1 semester of Health Education in order to graduate and to receive a high school diploma.

Students who fail a semester of Physical Education and/or Health Education are required to make-up the failed course during the semester immediately following the failure. In this way, students will be able to complete graduation requirements in a timely manner.

- An \* asterisk following “Credit” indicates a course which is applied towards the Creative Arts graduation requirement when taken in addition to Physical Education.
- A (dc) following “Credit” indicates the course may be taken for “duplicate credit.” (See p. 17 of the **Guide**.)
- Dance Studies 1, 2, and 3 may only be taken for cr/nc when taken as a Creative Arts graduation requirement and/or when taken in addition to Physical Education.
- **Independent Study** Under specific conditions as outlined on p. 25 of the **Guide**, students may make application for Independent Study. In all cases, students must secure parent, teacher, counselor, divisional, and building administration approval. Independent Study may not be taken as an 8th semester/annual course.

## Applied Personal Fitness

Credit: 1/2 (dc)	Level: III
Grade Offered: 11, 12	Fall PE7301
	Spring PE7302
Prerequisite: None	

Students in this course will use heart rate monitors at least 4 days per week to monitor and asses exercise intensity. Students will participate in a cardiovascular program using a variety of fitness activities. The class will provide students information regarding nutrition and diet, components of fitness, types of fitness programs, wellness concepts, and stress management. This course may be repeated and fulfills the PE requirement. Athletes who take this course are NOT eligible for athletic study hall.

## Dance Studies 1

Credit: 1/2 * (cr/nc)	Level: III
Grade Offered: 9, 10	Fall PE8916
	Spring PE8917

Prerequisite: None

This is a one semester course for the student who wants to learn dance technique through basic locomotion movements and rhythms. Students will learn to perform hip hop, jazz, ballet, modern dance, and introduction to choreography as well as to develop fitness and conditioning through dance. CR/NC is available only when taken as a Creative Arts graduation requirement and/or when taken in addition to Physical Education.

## Dance Studies 2

Credit: 1/2 * (cr/nc)	Level: III
Grade Offered: 9, 10	Spring PE8927
11, 12	Physical Ed
	Fall PE8951
	Spring PE8952
Creative Arts	
	Fall PE8921
	Spring PE8922

Prerequisite: Dance Studies 1 or Instructor approval

This is a one semester course for the student with an interest in dance technique and choreography. Students experience the power of communication through movement and dance. They create their own original choreography allowing for a window of self-expression. The student gains extensive dance training along with general fitness and conditioning. This course fulfills a PE requirement if taken

as a junior or senior. CR/NC is available only when taken as a Creative Arts graduation requirement and/or taken in addition to Physical Education.

## Dance Studies 3

Credit: 1/2 * (cr/nc) (dc)	Level: III
Grade Offered: 11, 12	Creative Arts Fall PE8931
	Spring PE8932
	Physical Ed Fall PE8961
	Spring PE8962

Prerequisite: Dance Studies 1 & 2

This is a one semester course that allows juniors and seniors to experience dance at more intense and technical levels. There is more opportunity for the student to approach dance as a career perspective. CR/NC is available only when taken as a Creative Arts graduation requirement and/or when taken in addition to Physical Education. This course may be repeated.

## Exercise Physiology

Credit: 1/2	Level: IV
Grade Offered: 11, 12	Fall PE7811
	Spring PE7812

Prerequisite: Biology (Prep) or (Accel)

This semester course is for the student interested in the scientific explanation of human performance as it relates to fitness and/or athletic performance. It is primarily a lab course with experiments in body composition, muscle function, cardiovascular function, and the energy supply systems for various activities. Because this course fulfills the PE requirement when taken in the junior or senior year, physical activity is included. Students who take this course are not eligible for athletic study hall.

## Career Internship Program

Credit: 1/2 (dc)	Level: IV
Grade Offered: 11, 12	Fall PE5551
	Spring PE5552
	Summer PE5558, PE5559

This course is designed for the student who is seeking work experience in an area that they wish to pursue as a career upon graduation or after attending college. The student will apply for the internship through the department that they wish to receive credit for the experience.

The student will work a minimum of 90 hours during the semester for credit for the course. The student will have weekly contact with the supervising teacher, develop a culminating project based upon the experience, be evaluated by the supervising teacher and the employer for the final grade. The student is responsible for their own transportation to and from the work place.

This course may be taken for duplicate credit. It is the sole discretion of each department team to recommend the student for a work internship, application does not guarantee admission.

## Family Health Issues

Credit: 1/2	Level: III, IV
Grade Offered: 11, 12	Fall PE9051 Spring PE9052
Prerequisite: Health & Biology or Child Development	

If you are interested in a career in medicine, nursing, psychiatry, counseling, or social work this is the course for you! Students will learn about risk factors associated with many chronic condition. They will research the risk factors, physical effects of the disease, and the emotional effects on family and society as they cope with chronic conditions. Armed with the knowledge of where to go physically, mentally, and psychologically to seek help and support for all involved, the student will be better equipped to help themselves and others in the management of chronic illnesses. Students will receive general elective credit for the course.

## Health

Credit: 1/2	Level: III
Grade Offered: 10	Fall PE9046 Spring PE9047
	Fall PE9041 Spring PE9042
11, 12	
Prerequisite: None	

This semester course meets daily. The course provides in-depth instruction in the following areas: human anatomy and physiology; mental health (including death education); substance abuse; nutrition; chronic and infectious diseases (including AIDS education); human sexuality; and first-aid (including CPR certification).

**North Campus** This class is only for students who are deficient in the Health credit because of prior failure, school transfer, or other extenuating circumstances. Juniors and seniors will not be excused from PE classes to take this course.

## Health ELL

Credit: 1/2	Level: III
Grade Offered: 10	Fall PE9356 Spring PE9357
Prerequisite: English Language Learner (ELL) identified and confirmed, and approval of ELL Coordinator	

This course will meet the State of Illinois Health Education requirement. Students from the ELL program will receive language support in their acquisition of health educational material.

## Introduction to Sports Medicine

Credit: 1/2	Level: IV
Grade Offered: 11, 12	Fall PE7911 Spring PE7912
Prerequisite: Grade of B or better in Health or Division Chair approval	

This course provides students with an opportunity to learn medical terminology, basic anatomy, physiology, kinesiology, and prevention/treatment techniques relative to athletic injuries. Students contemplating medical or paramedical careers gain background in medical concepts. The course also offers practical knowledge and skills for today's recreational athlete. This course does not satisfy nor fulfill the junior or senior year PE requirement. It is to be taken in conjunction with PE.

## Sports Officiating

Credit: 1/2	Level: III
Grade Offered: 11, 12	Fall PE7401 Spring PE7402
Prerequisite: Junior or Senior standing. Sophomore PE and Health with a C or better. Must have a current physical on file. Athletes in season will not be dismissed to Athletic Study Hall.	

This course provides students with the opportunity to learn rules for soccer (fall semester), softball (spring semester), volleyball, and basketball. Students will be offered a setting in which to practice application of the rules, proper positioning, signaling, and conflict resolution. Students interested in earning income within the community will be offered a setting in which to develop their skills. Students will need to pursue certification on their own so they can work within the community park districts, feeder schools, and clubs, who are always in need of officials. The course will fulfill the junior or senior year PE requirement. Homework will be assigned. The course may be repeated. Athletes in season will not be dismissed to Athletic Study Hall.

## SCUBA Diving

Credit: ½ (dc)	Level: III
Grade Offered: 11, 12	Fall PE7611 Spring PE7612
Duplicate Credit	Fall PE7621 Spring PE7622
Prerequisite: Junior or Senior standing, Sophomore PE and Health with a C or better, comfortable in the water, current physical & health questionnaire (no epilepsy or diabetes), division chair approval	

This semester SCUBA course will provide students with the knowledge and skills necessary to safely experience SCUBA activities in the pool and open water settings. The activity portion of the course will first address swimming and skin diving skills, before moving into advanced skills on Self-Contained Underwater Breathing Apparatus. This course will provide cross-curricular opportunities with emphasis in the sciences, especially physics and physiology. Additionally, working in an underwater silent environment will create a necessity for students to communicate with the teacher and their peers utilizing sign language. At the completion of this course, a student that has met the pool requirements will be prepared for the option to go to a local quarry in June to complete the open water dives to become certified in PADI Open Water SCUBA. Certification will require taking standard PADI written quizzes, exams and a finals along with equipment and skill checks in the pool. Additionally, knowledge reviews must be completed throughout the text as homework and class activities. **This course may only be taken one semester per year. However, to repeat the course, students are encouraged to have Open Water Certification. Juniors and Seniors will not be dismissed to Athletic Study Hall.**

## Physical Education Program

With a shift in emphasis from an activity oriented curricula to one emphasizing wellness and personal fitness, the Physical Education/Health Department has implemented the latest fitness-related technology to help move the department and its students into the next century. This change has been realized at the South Campus where the curricula uses a theory-application model to increase fitness related activity to 50% of the total curricula. The North Campus curricula builds on the fitness concepts learned at the freshman/sophomore levels and adds the elements of personalizing the fitness program. The department has utilized the Tri-Fit 600 System, a computerized fitness assessment system, to assist all students in the overall understanding of their personal fitness needs.

Students will be able to track their fitness progress over their entire four-year high school experience. Along with the collection of physiological and health risk date, students will be able to create a customized fitness program that should be the catalyst to make fitness and wellness a long-long endeavor.

## Modified Physical Education

Credit: 1/2 or		Level: III	
Grade Offered:	9	Fall	PE8516
		Spring	PE8517
	10	Fall	PE8526
		Spring	PE8527
	11	Annual	PE8531
			PE8532
	12	Annual	PE8541
			PE8542

Prerequisite: Medical doctor's written order

This course provides an individualized PE program for

those students whose physical impairments or development prohibits them from participation in vigorous activity. A variety of physical activities are provided within the physical limitations of the students.

## Physical Education I

Credit: 1/2	Level: III
Grade Offered: 9	Fall PE8116
	Spring PE8117

Prerequisite: Physical Examination

Students in this course establish a foundation in a variety of PE activities and in a fitness program both within a co-educational setting. For one-half of the class, instruction, practice, and participation are provided in the following activities; field games, basketball, flag football, softball, swimming, pickle ball, track and field, and training concepts. For the other half of class time, students develop personal fitness programs. They will acquire fitness concepts and apply these in weight training, conditioning, aerobics, flexibility, etc., activities. This dual approach - recreational and fitness activities - affords students the opportunity to develop life-long recreational interests and sound personal fitness habits. The Tri-Fit 600 System technology is utilized at this level.

## Physical Education II

Credit: 1/2	Level: III
Grade Offered: 10	Fall PE8126
	Spring PE8127

Prerequisite: Sophomore standing

Recreational and personal fitness program development is continued in the sophomore year. As students mature physically and emotionally, their interests and abilities expand, as well. As a result, recreational activities such as swimming, tennis, volleyball, and badminton are introduced, as are more sophisticated fitness concepts and activities. In the second year, students can access progress made during freshman year, and they will be able to develop more specific programs that meet their expanding needs. The Tri-Fit 600 System technology is utilized at this level.

## Physical Education III and IV

Credit: 1/2	Level: III
Grade Offered: 11, 12	Fall PE8131
	Spring PE8132

Prerequisite: Junior and Senior standing

Instruction, practice, and participating are provided in a co-educational setting in a variety of lifetime sports and physical education activities. Students will select a block of activities on the first day of the semester. Each student's elected program will be balanced with appropriate wellness and fitness activities. The Tri-Fit 600 System technology, and the development and implementation of personal fitness plans will augment the fitness phase of the curricula. This course fulfills the PE requirement.

# Physical Education Classes

*When choosing Annual Courses, you will need the first and second semester codes.*

## Freshman Courses

- PE8116/7 Physical Education
- PE8516/7 Freshman Modified PE
- Elective Fall Only**
  - PE8916 Dance Studies 1 (Cr. Arts Credit)
- Elective Spring Only**
  - PE8917 Dance Studies 1 (Cr. Arts Credit)
  - PE8927 Dance Studies 2 (Cr. Arts Credit)

## Sophomore Courses

### Fall Only

- PE8916 Dance Studies 1 (Cr. Arts Credit)
- PE9046 Health
- PE9356 ELL Health
- PE8126 Sophomore P.E.
- PE8527 Sophomore P.E. Modified
- PE8527 Sophomore P.E. Medical  
Permission Needed
- Spring Only**
  - PE8917 Dance Studies 1 (Cr. Arts Credit)
  - PE8927 Dance Studies 2 (Cr. Arts Credit)
  - PE9047 Health
  - PE9357 ELL Health
  - PE8127 Sophomore P.E.
  - PE8527 Sophomore P.E. Modified
  - PE8527 Sophomore P.E. Medical  
Permission Needed

## Junior and Senior Courses

### Fall Only

- PE7301 Applied Personal Fitness
- PE8921 Dance Studies II (Cr. Arts Credit)
- PE8951 Dance Studies II (Phys. Ed. Credit)
- PE8931 Dance Studies III (Cr. Arts Credit)
- PE8961 Dance Studies III (Phys. Ed. Credit)
- PE7811 Exercise Physiology
- PE9051 Family Health Issues
- PE9041 Health Education
- PE7911 Introduction to Sports Medicine  
(Not for Phys. Ed.. Credit)
- PE8131 Physical Education III – IV
- PE7611 SCUBA Diving
- PE7401 Sports Officiating

### Spring Only

- PE7302 Applied Personal Fitness
- PE8922 Dance Studies II (Cr. Arts Credit)
- PE8952 Dance Studies II (Phys. Ed. Credit)
- PE8932 Dance Studies III (Cr. Arts Credit)
- PE8962 Dance Studies III (Phys. Ed. Credit)
- PE7812 Exercise Physiology
- PE9052 Family Health Issues
- PE9042 Health Education
- PE7912 Introduction to Sports Medicine  
(Not for Phys. Ed.. Credit)
- PE8132 Physical Education III - IV
- PE7612 SCUBA Diving
- PE7402 Sports Officiating

### Fall or Spring

- PE5551/2 Career Internship

# Did You Know?

More than  
250,000  
people die  
prematurely of  
disease  
associated  
with  
sedentary  
systems.

Practicing lifelong healthy lifestyles  
is the key to  
health, wellness, and fitness.

Regular aerobic physical activity increases  
the strength of the heart muscle and plays  
a role in the prevention of heart disease.

**EXERCISE IS MEDICINE!**

## Have you ever considered a career as a...

**Physical Education**  
Physical Education Teacher  
Health Teacher  
Fitness Director  
Personal Trainer  
Sports Official  
(Umpire/Referee)  
Coach  
Health & Fitness Center  
Director  
Aerobics Instructor  
PE & Fitness Equipment  
Designer  
Corporate Fitness Director  
Sports Apparel Distributor  
Professional Athlete  
Golf/Tennis Pro  
Aquatic Director  
Lifeguard  
Yoga Instructor  
Stress Management Facilitator  
Rock Climbing Instructor  
Team Building Facilitator  
Sports Administrator  
Television Sports Broadcaster  
News Sports Broadcaster

**Sports Medicine**  
Athletic Trainer  
Physical Therapist  
Anatomist  
Nurse  
Chiropractor  
Paramedic/EMT  
Exercise Physiologist  
Massage Therapist  
Physician Assistance  
Doctor Nutritionist  
Sports Psychologist

**Dance**  
Professional Dancer  
Dance Educator  
Dance Therapist  
Dance Video  
Performer  
Director  
Choreographer  
Dance Photographer  
Dance Critic  
Dance Studio Owner

**Recreation**  
Park District  
Superintendent  
Recreation Supervisor  
Resident Camp Director  
Recreational Therapist

